

Health Talks by a Nurse

No. 3.

(BY AGNES JOYNES, R. N.)

In previous articles I have said that the terrible daily death rate and chronic disease (worse) could easily be stopped by educating all people to the care of their own health...

Whatever else you know about sickness I want you to know this:—When it comes to critical illness, it is nothing but constant, intelligent, individual care which saves life either in the hospital or in the home...

Yet the fact remains that that individual bedside care is all-important, or even an ample time and opportunity for valence will not avail—always providing there is anything left to convalesce. Then, who shall assist the graduate nurse in giving such care to the millions who need it today...

Let me give you one terrible example of the results of this present day lack of service in one of the large hospitals of Massachusetts. Patients were admitted there in all stages of the disease and at all times of the day and night...

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Canadian National Railways

TIME CHANGES. Effective May 1st.

PRINCE EDWARD ISLAND SERVICE S.S. P. E. Island will, after May 1st make two round trips daily (except Sunday). Connections via Sackville made by No. 18 train leaving at 7:10 a.m. and by No. 14 leaving at 1:20 p.m.

SUNDAY TRAINS BETWEEN ST. JOHN AND MONCTON Effective May 1st, No. 50 train will leave St. John (Sunday only) at 9:30 a.m. and arrive at Moncton at 1:00 p.m. making all local intermediate stops.

NOTE—After May 21st Suburban trains will run one hour earlier on account of daylight time. For Further Particulars Enquire at CITY TICKET OFFICE, 49 KING STREET. 4-30.

tained even by the most disordered stomach. We could have given cooling baths. So many things we could have done.

That same plague may come again at any time. Are we prepared for it? Not quite so well, I am afraid, as we were even then. But that calamity after all is like war. It comes and it goes.

CHINA WOULD JOIN U.S. AGAINST JAPAN Chief Adviser to Chinese President Says Nation is Prepared to Fight—Seek Canada's Aid.

(Toronto Mail and Empire) Mr. Bertram Lenox Simpson, chief adviser to President Hsu Shihchang, head of the central government of China, and its official statistician, who is on his way to the imperial conference at London, arrived from Vancouver yesterday, and is at the King Edward Hotel.

Some Sing Songs in His Honor; Others Consign Mim to Perdition—A Daily Deluge. Paris, April 22—(Associated Press by Mail)—Marshal Foch says that one of his great regrets is that he has not time enough properly to digest the big mail he receives.

FOCH'S VARIED MAIL Some Sing Songs in His Honor; Others Consign Mim to Perdition—A Daily Deluge. Paris, April 22—(Associated Press by Mail)—Marshal Foch says that one of his great regrets is that he has not time enough properly to digest the big mail he receives.

China has fully decided, in the event of any future conflict between Japan and America," emphasized Mr. Simpson, "that she will at once declare war upon Japan and, therefore, such a condition would place Great Britain in the position of having, under the treaty, to act against China, otherwise it would be no treaty at all.

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CANADIAN PACIFIC GENERAL CHANGE OF TIME

Train Service from St. John Eastern Time—Effective May 1st. Daily except Sunday unless otherwise stated.

Departures—stated. No. 101 at 6:05 a.m.—Local express from McAdam, connecting for Fredericton and North and South of McAdam. No. 115 at 9:20 a.m.—From West St. John for St. Stephen. No. 15 at 3:45 p.m.—Montreal Express, making Branch Line connections. No. 106 at 4:10 p.m.—Local Fredericton Express. No. 108 at 5:45 p.m.—Express for Boston. No. 89 at 6:25 p.m.—Montreal Express, daily, connecting with Fredericton. NOTE—Service covering suburban schedules outlined in press notices elsewhere.

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ful new engines of destruction or schemes to suppress war. The marshal's advice is asked on all the subject with which he says he is least familiar.

THE ECLECTIC CLUB. The Eclectic Club met last night at the residence of Mrs. Leonard Tilley in Wellington row, with Dr. H. S. Bridges presiding. Mrs. Frederick Foster was in charge of the programme, which had for its subject "Famous French Women."

Powerful Bankers. "China has a powerful group of Chinese bankers, who are gradually getting control of things everywhere. This group is a most formidable opponent of the international consortium, and is desirous of getting control of the banking situation of China. The Chinese are opposed to foreign control of their finances at any cost. They believe that once they get in the clutches of foreign capitalists they are finished."

Referring to the preparation problem in Europe, Mr. Simpson said that China, in matters of this kind, will simply follow the Allies. He stated that the unemployment problem in China was not serious. The greatest problem is the food famine of able-bodied men reduced to a state of semi-starvation," remarked Mr. Simpson. "The Government have opened up farming districts in Manchuria, and is shipping three and four thousand men and their families to these lands daily."

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fluency French women had had in all affairs of the country. She told specially of Margaret of Valois. Mrs. Frederick Foster's paper dealt with the French salons and the days when conversation was a fine art. She described in particular Madame Recamier and her times. Mrs. R. A. Armstrong's paper dealt with the letters of Madame de Sevigne. Mrs. Silas Alward read a paper on the famous painter, Rosa Bonheur, telling of the poverty of her early days and of her many pets. Mrs. Gordon Macdonald's paper was on the Empress Eugenie as told of the brilliancy of that famous woman, who even at the latter part of her long life retained her vivacity, her wonderful knowledge of history and her interest in current events.

SIR SAM HUGHES. Ottawa, April 28—Sir Sam Hugh condition was reported tonight as showing no material change. He has got well today, and no alarming developments have shown themselves.

Nursery Linoleum

That Will Stand Wear

"Gee up—for Happyland" Nurseryland is Happyland when Linoleum covers the floor. And isn't it a joy the way kiddies can roll and romp over its bright fresh surface! No hidden germs—no rough places to hurt little bare feet. No wonder Mother insists upon Linoleum as the ideal floor covering for the nursery.

LINOLEUM Needs only an occasional mopping to keep it bright and clean. It is the ideal floor covering to replace old and faded rugs and carpets. Many attractive designs to suit any color scheme. Floor Oilcloth and Feltol are a little lower in price than Linoleum, for those desiring good looking floor covering for less money. Many pleasing designs.

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Leading Dry Goods and Departmental Stores, Furniture, House Furnishings and General Stores throughout Canada will gladly display these products.

